

JUNE 2024



ROCKY RIDGE
ROYAL OAK

VIEW

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Suburban Journal

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403-547-6633 • info@rrrha.ca • www.rrrha.ca

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The Cascades in Royal Oak Residents Association

Email: contact@cascadesroyaloak.com
Website: cascadesroyaloak.com

Elected Officials

Ward 1 Councillor: Sonya Sharp
403-268-2430
ward1@calgary.ca

MLA: Rajan Sawhney
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Rocky Ridge Royal Oak
COMMUNITY ASSOCIATION

Councillor Report

Hello Ward 1! Summer is just around the corner, and I'm looking forward to seeing many of you at outdoor community events across Ward 1 and our city! Here's the latest news in Ward 1 and from City Hall:

Neighbour Day

Saturday, June 15 is Neighbour Day! This special day is a great opportunity to connect with the people around you. Check with your neighbours or your community association to see if there's a Neighbour Day event happening near you and visit calgary.ca/neighbourday to learn more.

Bowness Park wading pool update

After last year's closure, work is nearly complete on repairs to the wading pool at Bowness Park. Weather and construction timelines permitting, the wading pool should be open once again later this month. Visit calgary.ca/sprayparks for the latest updates and to find other places where you can stay cool this summer.

Single-Use Items

Council held a Public Hearing to consider repealing the Single-Use Items bylaw in May. You can visit calgary.ca/singleuse to learn more about the final result and other waste reduction efforts The City is making.

Drought update

We appreciate Calgarians' continued efforts at reducing their water consumption. The City of Calgary is doing its part by reducing water use as well. Visit calgary.ca/drought to find out if restrictions are in place and for water saving tips you can use year-round.

Dandelions

Dandelions are not considered a noxious and prohibited weed under the Weed Control Act. The City takes a number of steps to managing weeds, but does not use herbicides for cosmetic purposes. The City aims to maintain healthy turf, which allows grass to out-compete dandelions and other weeds.

Dandelions are not prohibited on private property under City bylaws. However, grass and similar herbaceous plants must be kept shorter than six inches.

Sonya Sharp, Councillor, Ward 1

Volunteer Corner

Volunteer from Home

Volunteers are always important to RRROCA as we work to make Royal Oak & Rocky Ridge an even better community. Thankfully, most of the work required can be done from your home. So if you are interested in living in a great community, and can spare a few hours in a month, please consider volunteering for RRROCA!

In addition to making an impact, you will certainly learn new skills, gain valuable volunteer experience and meet more neighbours. Please email volunteer@rrroca.org if you are interested in the following positions or have any questions about volunteering with RRROCA. Please check out our website at www.rrroca.org for all volunteer opportunities.



Programs Chair(s), and Lead(s) [CRITICAL]

The Programs team provides opportunities for the communities' diverse residents to participate in various programming and activities. The team will develop, implement and evaluate programs and activities in the community, coordinate and oversee the annual spring youth sports program (i.e. soccer, tball), and look for opportunities to expand programming (learn to skate, basketball, field hockey, etc). Planning for 2022 spring sports needs to begin immediately, if you believe you can assist, please reach out ASAP.

Time Commitment: Minimum 10 hours/month, will vary based on scheduled programming

Sponsorship Chair

This role works to help establish connections and fosters relationships with businesses and organizations in the community. By developing sponsorship opportunities that support Community Association events, programming and initiatives, and searching out partners in the community to fund or support these, the Sponsorship Chair is integral in providing services to residents, and connecting businesses to residents.

Time commitment: 10-20 hours/month

Membership Chair

The Membership Chair promotes, encourages and sees to administration tasks associated with managing the members of the Community Association. The Chair also explores and works with other committees to

implement opportunities of benefits for membership.

Time commitment: Approx 10 hours a month

Events Lead

With direction from the Events Chair, an Event Lead helps to execute specific events, from the planning stage to the wrap up.

Time commitment: Approximately 2-5 hours/month (not including event attendance)

Did You Know?

Volunteering for RRROCA as a Board or a Committee member will:

1. **gain valuable volunteering experience and essential work skills;**
2. **know the first-hand community news;**
3. **get the RRROCA membership (\$30) or one sport registration for free (~\$50 or \$65) annually;**
4. **the most important: help us to build a thriving community**

Child Writers Wanted!

Do you have a child or teen at home who enjoys writing? Would they like to share this passion in the community newsletter? Perhaps a teen who is studying journalism, or simply loves to write in general.

Did you know that RRROCA has a number of teens volunteering within our committees today? It is such a great experience for all involved and we'd love to get more youth engaged. If this is something of interest for your child, please reach out to the Communications team at communications@rrroca.org.



Want to receive emails about any volunteer opportunities for the community association?

Please email
volunteerlead@rrroca.org
to sign up.



ROCKY RIDGE RANCH

HOMEOWNERS ASSOCIATION

Rocky Ridge Ranch Homeowners Association

10709 Rocky Ridge Blvd NW

Calgary, AB T3G 4G1

Phone: 403-547-6633 Fax: 403-547-6634

www.rrrha.ca info@rrrha.ca

Office Hours

Updates to office hours are available online.

ROCKY RIDGE RANCH HOMEOWNERS ASSOCIATION

2024 at Rocky Ridge Ranch:

- Babysitting Course for Youth
- Spring vendor market
- Spring Camp for ages 8 to 13
- Easter Party
- Youth Market
- Yoga
- Dance classes
- Karate Classes
- Good Food Box
- Halloween
- Holiday Market
- Christmas at the Ranch and more... Stay Tuned.

Little Doctor Summer Camp

July 8 to 12, 2024, 9 am to 4 pm

Join us at Little Medical School Summer Camp

- Dress up like doctors and use real medical instruments
- Discover how the body works
- Practice suturing stitches and learn basic medical techniques
- Learn skills such as CPR and the Heimlich Maneuver and more...
- Contact us for more info.
- Ages 6 to 11

YOUTH VOLUNTEERS NEEDED

Do you have a teenager who is interested in volunteering? Maybe they are looking for some extra high school credits,

looking for some work experience or maybe interested in making a difference in our community.

We are looking for a few teenagers in the area who would be willing to come and help with our Ranch events (such as Easter Hunts, crafts etc.). Please come into the Ranch office and talk to our Operations Manager Erika.

For more information email us to: info@rrrha.ca

Save the Date

- Neighbour Day: June 15, 2024, RRROCA Park
- Parade of Garage Sales: June 22-23, 2024
- Canada Day: July 1, 2024 RRROCA Park
- Stampede Breakfast: Jul 12, 2024, Shane Homes YMCA

Safely Dispose of Pressurized Tanks and Canisters

Going camping, hiking or hosting a barbecue this summer? Make sure you safely dispose of pressurized tanks, canisters and aerosols (empty or full), including:

- Bear spray canisters
- Small camping propane tanks
- Butane canisters
- Standard barbecue tanks
- Helium tanks

Take these items to a household hazardous waste drop-off at designated fire stations or City landfills for safe disposal. Do not put these items in your blue, black or green carts.

When put in a cart these items become a safety hazard for your collector and the staff at waste management facilities. Items can also damage collection trucks and sorting equipment.

Visit calgary.ca/hhw to check the list of drop-off locations.

City of Calgary

Do You Have Your RRROCA Membership?

In addition to the benefits listed below, 100% of membership fees go directly into program and resources funding, and future facilities development. The greater our membership base, the more funds we will have for projects, programs, and initiatives! We need your help with funds to continue dealing with municipal and provincial issues that affect your daily life.



Please visit our membership page at rrroca.org to sign up for a membership, or email membership@rrroca.org if you have any questions.

Benefits of RRROCA Membership

Here are some of the current benefits of RRROCA membership, please visit our website regularly for updates.

- Access to RRROCA's Babysitter Registry
- Register for community events and programs such as spring sports programs for children, parade of garage sales, etc. winning one of ten \$100 to hold block parties on Neighbour Day, etc.
- Borrow materials for hosting your own block party
- Purchase discounted tickets or enter draws as available annually
- Receive free pancake breakfast at annual Stampede Breakfast event
- Provide recreational insurance at Sports Program offered by RRROCA
- Accepted by Calgary West Soccer for their program registration
- Receive product and services discounts at participating local businesses (Membership Perks). Visit our website at www.rrroca.org to review the active offerings. **

We are continuously working to expand our Membership Perks Program. If you are a business owner who would like to provide product and/or services discounts to RRROCA members, please contact our membership team at membership@rrroca.org.

RRROCA Membership Registration

One Membership per household; valid January 1 to December 31 annually.

\$30 ☐ New membership ☐ Membership Renewal

Your personal information will be used for Association purposes only and will never be given to third parties.

Last Name: _____

First Name: _____

Address: _____

Postal Code: _____ Phone #: _____

Email*: _____

* Please note e-mail is used to communicate your membership number.
If you choose "No" for updates below, the e-mail will be on file but won't be included in our news mailing list.

Would you like RRROCA news and updates by email? ☐ Yes ☐ No

Send form and cheque to: **RRROCA Membership**
P.O. Box 91009, RPO Royal Oak
Calgary, AB T3G 5W6

Important Phone Numbers

If you require emergency supports to meet basic needs, income support is available 24-7.

- Income Support Contact Centre: 1-866-644-5135

For anyone facing family violence, bullying or abuse, the following resources are available 24 hours a day, seven days a week, in more than 170 languages:

- Family Violence Info Line: 310-1818
- Child Abuse Hotline: 1-800-387-KIDS (5437)
- Bullying Helpline: 1-888-456-2323

Help is also available 24-7 for anyone dealing with mental health challenges.

- Mental Health Helpline: 1-877-303-2642

You can also contact the Alberta Supports Contact Centre at 1-877-644-9992 (toll free) for information regarding AISH, Child Care Subsidy, Disability Supports, Financial Supports, Health Benefits, Career Information, Seniors Benefits, Public Guardian/Trustee.



École Tuscany School

Wow we are into our final month of school before summer break! Our students have been busy with loads of field trips going on last month! From swimming and the Royal Tyrrell Museum to Butterfield Acres and the Chorale festival and a special trip for the Kindergarten students to experience a brand new field trip at the Calgary Stampede Sam Centre! Our students are fortunate to have all these amazing experiences. Thank you to all the parent volunteers who have supported these trips and made them possible.

We are so grateful for all that our School Council does for us. A huge thank you to them all for making us feel appreciated during Staff Association Appreciation week and National Principal's day. The coffee cart and snacks were such treats as well as lunch for our leaders. On top of looking out for the staff, our School Council also provided funds to lower the cost for skiing, swimming and the Butterfield Acres field trip by covering some of the bussing fees. As well, they supported the Elder Shirley visit in May and Alien In-Line for our kindergarten, grade 1, grade 2 and EES students this month. Thank you for making École Tuscany School a great place to learn!

Thank you, thank you, thank you to all our amazing kids, parents and community who participated in and supported our 10th annual Read-a-thon! The final tally of what our kiddos raised for our school will be available later this month. We have such an incredible community, thank-you to everyone who supported our readers!

Bike to School week continues until June 7th to encourage active living. Students are entered into a draw for riding their bike to school, riding the stationary bike at school or riding in their neighborhood (if they are a bus student). Thank you to Ridley Cycle and our School Council for providing lots of amazing prizes for this event!

Our upcoming FUNdraiser Treat day is Friday, June 7th (Family Freezed). The next Fun Lunch (Subway) - (Grades 1-5) and Kinder Snack Day is on Thursday, June 20th. Please log into www.healthyhunger.ca (Grade 1-5 students) and submit your orders the Friday before to ensure your child can participate. Don't forget to wear your Spirit Wear! We are always looking for more volunteers to make these Fun Lunch and FUNdraiser Treat days possible for our kids.

Other Important Dates for June:

- Bike to School continues through June 7th
- School Council AGM June 13th, 6:30 pm online or in-person
- Sports Day June 14th – A special Fundraising treat day has

been added for ALL students

- Year-end Family BBQ June 20th
- Last Day of Classes PM Kindergarten Wednesday, June 26th
- Last Day of Classes AM Kindergarten and Grade 1-6, Thursday, June 27th
- Report cards released through PowerSchool
- Non-Instructional Day June 28th

Our end of year BBQ will be held on Thursday June 20th, at 6pm. Invitations and additional details will be sent directly to your inboxes! We are asking for volunteers to assist both before and on the day of the event. If you are interested in volunteering, please email the social committee at tuscanyeventsteam@gmail.com

Council Executive Roles

We are currently looking for some new members to fill positions which are about to be vacated on our awesome school council. Some of our vacant positions include Kiss N Drop Coordinator, Social Committee/Special Events, Casino Treasurer and Casino Chair. Here is your big chance to see if there is a position that you might like to jump into! We are always excited to have new members join, whether it is a position on the board, or volunteering for our initiatives and events or attending meetings. It is a great way to get involved and stay informed on what's going on in the school! Check out our website on the About page to find out more. www.tuscanycouncil.ca

Our final council meeting of the 2023-24 school year will be held on Thursday, June 14th, at 6:30 p.m. in person at the school and via TEAMS. This will also be our annual AGM so please join us as we round out the school year! Please check out our website at www.tuscanycouncil.ca for up-to-date info, and follow us on social media Facebook www.facebook.com/tuscanycouncil; Instagram @tuscanycouncil and twitter @Tuscanycouncil for reminders and photos of our adventures together. If you have any questions about becoming involved with the School Council or volunteering for a committee, please email tuscanycouncilchair@gmail.com. You can also follow Tuscany school on Twitter @Tuscany_cbe.

We would like to extend a huge Thank you to all the Teachers and Staff at École Tuscany School for a fantastic year of learning and growth, to all the parents and students for your involvement in making our community strong and connected and to all the members of our School Council for continuing to devote their time to our school and programs that enhance the experience for all our students. It was a wonderful year together and we wish you all a happy and safe summer! **Our first day back to school is Thursday, August 29th.**

Calgary Wildlife: Window Strikes

You are at home when you hear something hit the window. You go outside to investigate and notice a small bird standing between a planter and your window. Its feathers are fluffed, its eyes are closed, and it doesn't seem to notice you are there. Did the bird fly into the window and if so, how can you help?

Window strikes occur when an animal or bird fly into a window. While birds are known to be affected by window strikes, they can also happen to bats.

Bats echolocation gets confused when used on smooth surfaces, like windows. This is one explanation for why bats end up striking windows.

Nighttime window strikes are often due to light pollution and reflective structures, on the flightpath of migratory species, which can be disorienting. Daytime window strikes are often associated with birds flying through what they perceive as a habitat corridor between trees or open sky but is in fact a reflective surface like a window.

Bird fatalities are linked to how fast a bird is flying and how near vegetation (trees or shrubs) is to reflective surfaces. Vegetation within a three to thirty foot distance are more likely to result in fatal bird injuries as they can fly at fatal speeds into windows attempting to fly to the vegetation that is reflecting into the surface of the window.

Birds that strike windows can end up with many different injuries, the most common being a concussion. Signs that a bird has a head injury include walking in circles or being still and fluffed up as previously described. Broken wing bones are another injury that can be sustained. Fortunately, if the bird is quickly taken to a wildlife rehabilitation center, they can receive the care required to



recover from these injuries and eventually be released.

It's important that after a window strike, a bird or animal is brought in for assessment. Concussions can make it difficult for wildlife to thermoregulate, or cause less obvious injuries such as internal bleeding or other body system failures. A wildlife care professional can assess these injuries and give care when it is needed.

How can you help prevent window strikes?

Add decals or hand drawn art to the outside of windows, separated by about two inches. Turning off lights at night and keeping large plants away from windows are also ways you can prevent window surfaces from being an inviting flyway to birds!

Uncertain whether wildlife needs help? Found injured or orphaned wildlife?

Please call Calgary Wildlife at 403-214-1312.



June: Canada's Month of Celebration

June is a month with plenty to celebrate about Canada. It's National Aboriginal History Month, to learn about the peoples that inhabit our region. In Calgary, these are the Treaty 7 signatories: the Siksika, Piikani, and Kainai Nations, the Îethka Stoney Nakoda, consisting of the Chiniki, Bearspaw and Good Stoney Bands, and the Tsuut'ina Nation. Also here are the Métis of Alberta Region 3.

The first Sunday is Canadian Armed Forces Day. The King's Own Calgary Regiment and the Calgary Highlanders reserve unit are headquartered at Mewata Armoury, a Gothic Revival design with medieval castellated features built during the Great War. We thank all Forces personnel for their dedication and service.

Next is Canadian Environment Week, when we're encouraged to be good stewards of our rich natural heritage. Wednesday is Clean Air Day, by which we enjoy clear, crisp prairie skies complete with mountain peaks on the horizon.

National Indigenous Peoples Day is June 21st. It's a day to experience an Indigenous celebration, whether a walk at Fort Calgary or a dance at the Aboriginal Friendship Centre. Then there's June 24th, the feast day of Saint-Jean Baptiste. Last year, events were held at the National Music Centre and Théâtre de la Cité des Rocheuses, which has promoted dialogue in French in Calgary since 1996. This year is the 125th anniversary of the incorporation of Rouleauville by French Catholics in today's Mission district.

Speaking of dialogue, June 27th is Canadian Multiculturalism Day, when we celebrate living here together peacefully.

And finally, capping it all off, the day Confederation became reality in law - Canada Day, July 1st. This year marks our 157th anniversary.



Car decorated with flowers in Dominion Day parade, Calgary, 1907 (Glenbow Library and Archives Collection)

Did you know, on 1 July 1867, while church bells rang out and bonfires were lit across the Dominion, newspapers in English and French lamented this union of peoples? They were none too excited about the agreement, each thinking the other would out do them.

There's been much to debate since, but on this day, take time with those you love to celebrate and give thanks for the peace and prosperity of our federation.

Happy Canada Day!

Anthony Imbrogno is a volunteer with The Calgary Heritage Initiative Society/Heritage Inspires YYC

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To discover more about Calgary's heritage, visit:

HERITAGE *inspires* YYC.org



French settlers Alec Loisselle and family in front of their house at Sylvan Lake, Alberta, 1904 (Glenbow Library and Archives Collection)



First Nations person on Dominion Day parade, Calgary, 1908 (Glenbow Library and Archives Collection)



Rouleauville Square, with St Mary's Cathedral, April 2024 (Anthony Imbrogno)

Celebrate Neighbour Day 2024

Celebrate Neighbour Day in your community on Saturday, June 15! Get involved in this year's event by gathering with your neighbours for a block party or community event. In addition to the many neighbourhood events that will be happening across the city on June 15, Calgary Public Library is hosting Indigenous programming at select locations, while Sport Calgary's All Sport One Day will offer children a free opportunity to try out a new sport.

Neighbour Day is our city's annual celebration of community connection. Held on the third Saturday in June, Neighbour Day is a step toward creating welcoming and inclusive communities where neighbours connect and belong every day of the year. Good things happen when you get to know your neighbours. Social connection with neighbours reduces loneliness and isolation and builds strong communities where people feel they belong.

If you're participating in Neighbour Day on June 15, show us how you celebrated! Post your event photos to social media with the hashtag #YYCNeighbourDay. Visit calgary.ca/NeighbourDay to learn more.

City of Calgary



Have Your Say on Calgary's Canada Day Celebrations

Every year on July 1, Calgarians and visitors gather downtown for Canada Day. This City of Calgary event is free and family-friendly, featuring Indigenous and cultural performances, live music, activities, art and more.



Canada Day is for everyone. It's a time to honour the rich traditions of Indigenous history and culture and welcome those who move here from all over the world. We can all be proud to live in a great city and country where people from all walks of life come together on Canada Day to celebrate culture and community.

We want Canada Day celebrations to reflect the many different interests and backgrounds of Calgarians. Whether you attend often or haven't attended for a while, this is your opportunity to tell us what's important to you on Canada Day and what an ideal downtown event looks like.

Have your say today at calgary.ca/CanadaDaySurvey. The deadline to provide your input is July 4, 2024. Feedback collected will be used to shape future Canada Day celebrations in Calgary.

City of Calgary

DID YOU KNOW?

Father's Day originated in America. The first unofficial Father's Day celebration was held in Spokane, Washington on 19th June 1910.



Enjoy Off-leash Dog Parks Safely This Summer

Calgary is a haven for dog lovers, with numerous off-leash dog parks across the city. As summer approaches, many pet owners are eager to enjoy the warm weather and spend quality time with their furry friends. However, it is crucial to ensure that off-leash interactions are safe and enjoyable for everyone. Here are some steps you can take:

Make sure your licence is up to date

Make sure that your dog is wearing its licence tag and that the licence is up to date: if your dog becomes lost, its licence is its ticket home. The risk for having an unlicensed dog is a \$250 fine.

Know your dog

Some off-leash parks have fenced areas where owners can schedule a play date or utilize them if their pet isn't quite up to speed on their recall skills. This still allows their pet to get exercise and have some fun off-leash.

Supervision and control

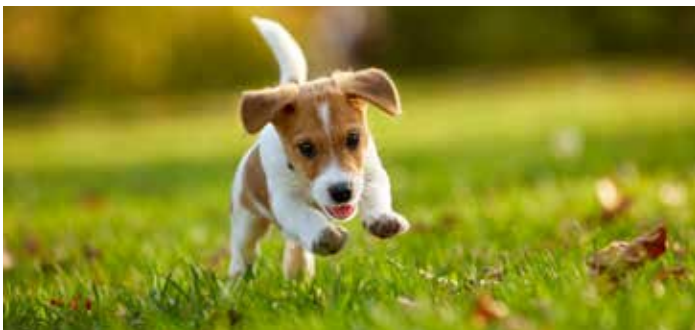
Keep a close eye on your dog. Stay within a reasonable distance and maintain control over their actions. One of the best ways to safeguard for a stress free outing is to ensure your dog has strong recall skills.

Bring essential supplies

Carry essential supplies such as water, waste bags, and toys for your dog. Clean up after your pet to maintain cleanliness and hygiene in the park.

Calgary's off-leash dog parks provide a fantastic opportunity for dogs to socialize, exercise, and have fun during the summer months. To license your dog before you head out to the park, visit: calgary.ca/pets/licences.

City of Calgary



'Aging is more...' Seniors' Week Explores the Potentials of Aging

Seniors' Week is celebrated annually across Alberta and it will be held this year from June 3 to June 9. It is a time to show appreciation for older adults and the significant contributions they make to our communities. They support their families and friends, volunteer their time and resources to various charities and play an essential role in making our communities better places to live.



The theme, Aging is More..., is deliberately open-ended to highlight the potential of aging. Seniors' Week is not just for older adults, but it's a time when seniors-sector organizations, not-for-profits, businesses and Calgarians from all walks of life come together to organize fun, inclusive, cross-cultural and multi-generational events in our city.

Get involved! Whether or not you choose to attend a Seniors' Week event, Age-Friendly Calgary encourages you to celebrate aging in your own way. Help spread Seniors' Week awareness with the social media hashtags #seniorsweek and #agefriendlyyycc.

Seniors' Week events and updates will be posted at calgary.ca/seniorsweek. Be sure to visit one of the many events during the week!

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JUNE	TOGETHER
LEARN	TOOLS

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Encouraging Physical Activity in Children

Physical activity is key to lifelong health and well-being. Children as young as preschool age benefit from exercise and fitness as much as adults do.

Being active helps children and teens to feel stronger and have more energy to do all the things they like to do. It can help them feel, think, and sleep better. It allows them to focus when they're at school and perform better in sports. They can reach and stay at a healthy weight and build lean muscle. Being physically active lowers the risk for serious health problems, and keeps bones, muscles, and joints strong.

Tips for Getting Moving!

One of the best things you can do for your child's health is to help make physical activity a habit, something that will be a natural part of your child's daily life through adulthood.

- Stay positive! It's important for children to have fun, so don't force them to exercise. Instead, find activities they like to do and will do without being asked.
- Create ways for your child to be active for at least one hour each day. Try to break it up throughout the day so it adds up to one hour. Encourage your child to do things like running, jumping rope, or playing soccer.
- Plan family activities that involve exercise. Hike, bike, wash the car, walk... the options are endless. Try an online exercise video. Offer choices, and let your child decide.
- Have your child invite a friend over. This can be a weekly planned physical activity, such as a bike ride, water balloon toss, or building a snow fort in the yard.
- Join other families and create neighbourhood time. Include group activities like touch football, basketball, or hide-and-seek.
- Let your child try different organized activities. See what your child enjoys! Basketball, lacrosse, dance, soccer, martial arts... again, the options are endless. Praise your child for doing exercise that they enjoy.
- Talk to your child's caregiver or sitter. Discuss ways they can encourage your child to be physically active throughout the day.
- Get your child involved in activities at schools or clubs. Check local schools, YMCAs, and other community resources for exercise or sports programs. Take your child with you to your health club if it has a family exercise time or a swimming pool.

Types of Activities for Children

There are three types of activities that children should



take part in:

- **Aerobic or “cardio” exercise:** This kind of exercise strengthens the heart and lungs and builds endurance. Children often get aerobic activity without realizing it. Playing tag, dancing, swimming, racing down the street, walking, and playing catch with friends all provide aerobic exercise. Many schools and communities have programs for soccer, T-ball, and other activities. These are great ways for your child to get aerobic exercise and meet new friends.
- **Muscle strengthening:** This type of exercise helps support proper posture, balance, coordination, and reduces the risk of injuries. Regular strength training can help regulate metabolism and improve insulin sensitivity, reducing the risk of obesity and related metabolic disorders in children. Playing on playground equipment, monkey bars, rope or tree climbing, and gymnastics are a few examples of activities that work on muscle strengthening.
- **Bone strengthening:** Anything that uses the body to work against gravity, like running, jumping rope, playing hopscotch, and playing basketball are activities that help with bone growth and strength. Many bone strengthening activities are also aerobic and muscle strengthening exercises.

Your child's habits start with you!

The most important thing to remember is that you are your child's role model. Your habits affect your children's habits. If your habits are healthy – eating a balanced diet, getting regular exercise, looking forward to tomorrow, for example – your children are more likely to build those habits in their own lives.

Alberta Health Services